

DINNER

Easy Portuguese Kale Soup

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
85 min	15 min	70 min	6	\$3.03	783 kcal



Easy Portuguese Kale Soup is a dairy free recipe with 6 servings. This main course has 783 calories, 56g of protein, and 37g of fat per serving. For \$3.03 per serving, this recipe covers 38% of your daily requirements of vitamins and minerals.

Ingredients

- | | |
|--|---|
| ☐ 15 ounce red kidney beans, drained and rinsed
canned | ☐ 3 carrots, chopped |
| ☐ 29 ounce chicken broth
canned | ☐ 1 cup elbow macaroni |
| ☐ 3 cloves garlic, chopped | ☐ 1 tablespoon ground black pepper |
| ☐ 1 bunch kale, cut into thin ribbons | ☐ 2 tablespoons olive oil |
| ☐ 1 onion, chopped | ☐ 3 potatoes, cut into cubes |
| ☐ 1 tablespoon salt | ☐ 16 ounce package kielbasa (Polish) sausage,
diced |

☐ 1 cup water

EQUIPMENT Bowl, Pot

Method

- 1

Heat olive oil in a stock pot over medium heat. Cook and stir onion and garlic in the hot oil until fragrant, about 1 minute.
- 2

Add kielbasa; cook and stir until browned, about 5 minutes. Stir potatoes into kielbasa mixture, season with salt and pepper, and continue to cook and until the potatoes begin to brown, about 2 minutes.
- 3

Pour chicken broth and water into the stock pot; add kidney beans, carrots, and kale. Bring the mixture to a boil, reduce heat to medium-low, and cook at a simmer for 45 minutes.
- 4

Stir macaroni into the soup; continue cooking until the macaroni is tender yet firm to the bite, about 15 minutes. more. Top each bowl with 1 tablespoon Parmesan cheese to serve.

Nutrition per serving			
	783	56 g	37 g
	KCAL	PROTEIN	FAT
			55 g
			CARBS
Saturated Fat			10.6 g · 66% of daily needs
Fibre			9.2 g · 37% of daily needs
Sugar			5.2 g · 6% of daily needs
Sodium			2,529 mg · 110% of daily needs
Cholesterol			123 mg · 41% of daily needs
Vitamin C			45.9 mg · 56% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/easy-portuguese-kale-soup-142208